

Pos	Number	Forename	Surname	Cat	Club	Time
1	743	Andrew	Lamont	MV40	Macclesfield Harriers	0:39:06
2	848	Joe	Monk	M	Blackburn Harriers	0:40:24
3	789	Jason	Parker	MV40	Preston Harriers	0:40:56
4	790	Christopher	Green	MV35	St Helens Tri	0:41:19
5	856	Dean	Hardman	M	Sale Harriers Manchester	0:41:59
6	768	Jason	Walker	MV40	Southport Waterloo Running Club	0:42:06
7	861	Steven	Calderwood	MV45	Chorlton	0:44:10
8	788	Bill	Jambor	MV50	Unattached	0:44:28
9	720	Sean	Bolland	MV40	Bowland Fell Runners	0:44:52
10	731	John	Tredgett	MV50	Kendal Athletic Club	0:45:23
11	843	Adrian	Shorrocks	MV45	Unattached	0:46:06
12	755	Brett	Fletcher	MV40	Unattached	0:47:43
13	836	Michael	Toman	M45	Rosendale Harriers	0:47:47
14	833	Chris	Boran	M	Unattached	0:47:48
15	841	Colin	Jobber	MV40	Bapton & District Athletics	0:47:50
16	739	Jayne	Dandy	FV40	Unattached	0:47:54
17	834	Stephen	Cogle	MV40	Unattached	0:48:01
18	745	Jayne	Perry	FV35	Lancaster & Morecambe AC	0:48:34
19	830	John	Naylor	M	Red Rose Road Runners	0:48:55
20	821	Michael	Mcgeown	MV55	Chorley Athletic and Triathlon Club	0:49:12
21	767	Bob	Lauder	MV50	Unattached	0:49:21
22	802	Ben	Metcalfe	M	Unattached	0:50:23
23	721	Mark	McCrea	MV45	Red Rose Road Runners	0:50:24
24	717	Louise	Goddard	FV45	Lancaster & Morecambe AC	0:50:39
25	812	Geoff	Parr	M	Unattached	0:50:49
26	793	Matthew	Wall	M	Unattached	0:51:00
27	756	Phil	Cray	MV50	Garstang Running Club	0:51:08
28	817	Steven	Melling	MV55	Rosendale Harriers	0:51:13
29	732	Martina	Pyne	F	Kendal Athletic Club	0:52:04
30	849	Laura	Murphy	FV35	Chorley Athletic and Triathlon Club	0:52:32
31	750	Adam	Eshborn	MV40	Unattached	0:52:54
32	800	David	Wilkinson	MV40	Unattached	0:52:55
33	806	Ben	Morrison	M	Unattached	0:52:58
34	754	Stewart	Lamb	M	Unattached	0:53:00
35	742	Sammie	Stuart	F	Unattached	0:53:24
36	815	Christina	Mcguire	FV50	Lancaster & Morecambe AC	0:53:39
37	744	Steve	Perry	MV55	Lancaster & Morecambe AC	0:53:40
38	813	Damien	Russell	M	Red Rose Road Runners	0:54:18
39	730	Andrew	Halladay	MV55	Unattached	0:54:47
40	846	Nicloa	Clark	FV35	Unattached	0:54:51
41	852	Ian	Bailey	MV50	COLT	0:54:51
42	736	David	Wilkinson	MV55	Lancaster & Morecambe AC	0:54:59
43	718	Stuart	McKay	MV40	COLT	0:55:06
44	832	Simon	Townsend	MV50	Chorley Athletic and Triathlon Club	0:55:16
45	766	Ann	Griffiths	FV50	Unattached	0:55:23
46	859	Jenny	Wren Gornall	F	Preston Harriers	0:55:25
47	860	Richard	Fenton	MV35	Preston Harriers	0:55:26
48	828	David	Dyson	MV50	Red Rose Road Runners	0:55:40
49	770	Mark	Sadler	MV45	Unattached	0:56:05
50	850	Kate	Lakeland	F	Preston Harriers	0:56:08
51	740	Trish	Edmonson	FV50	Unattached	0:56:28
52	724	Paul	Simpson	MV40	Bowland Fell Runners	0:56:59
53	840	John	Murray	MV70	Unattached	0:57:07
54	826	Nick	Grimshaw	MV50	Unattached	0:58:03
55	791	Daniel	Hill	M	Unattached	0:58:12

56	798 Colin	Hewitt	MV50	Unattached	0:58:16
57	780 Helen	Milner	FV40	Unattached	0:58:26
58	741 Kev	Horner	MV35	Garstang Running Club	0:58:30
59	737 Carole	Wilkinson	FV55	Lancaster & Morecambe AC	0:58:34
60	838 Eddie	Nelder	MV50	Unattached	0:58:38
61	747 Peter	O'gorman	MV50	Rossendale Harriers	0:58:42
62	796 George	Parrington	MV65	Lancaster & Morecambe AC	0:58:46
63	738 Nadine	Parsons	F	Unattached	0:59:01
64	837 George	Wilkinson	MV60	Unattached	0:59:13
65	792 Anne	Whittingham	FV40	Unattached	0:59:24
66	842 Peter	Gibson	MV60	Blackpool,Wyre &Fylde	0:59:45
67	778 Graham	Openshaw	MV35	Unattached	0:59:48
68	761 Elizabeth	Lynch	FV50	Unattached	0:59:53
69	805 Derek	Woolley	MV60	Unattached	0:59:54
70	814 Anna	Hollingworth	FV35	Trawden Ac	1:00:03
71	827 Mark	Green	MV35	Unattached	1:00:29
72	825 Peter	Kewley	MV45	Unattached	1:00:49
73	822 Paul	Marlow	MV45	Unattached	1:00:49
74	801 Neil	Walton	MV40	Unattached	1:00:53
75	783 Kevin	Rigotti	MV45	Unattached	1:00:59
76	794 Laura	Lawler	FV45	Blackpool Wyre & Fylde	1:01:08
77	839 George	Kennedy	MV55	Wesham Road Runners	1:01:09
78	784 Nicola	Unsworth	FV40	Wesham Road Runners	1:01:10
79	845 John	Howarth	MV60	Wesham Road Runners	1:01:11
80	759 Richard	Holden	MV40	Lancaster & Morecambe AC	1:01:28
81	851 Phil	Lakeland	MV55	Preston Harriers	1:01:44
82	746 Erica	Ripo	FV35	Rossendale Harriers	1:02:02
83	818 Jeffrey	Wright	MV55	Blackpool Wyre & Fylde	1:02:18
84	760 Emma	Holden	F	Lancaster & Morecambe AC	1:02:53
85	727 Mary	Hewitt	FV55	Garstang Running Club	1:02:58
86	816 Denise	Hughes	FV50	Garstang Running Club	1:03:18
87	772 Clare	Bugeja	FV40	Unattached	1:03:38
88	835 Julie	Toman	FV45	Clayton le Moors Harriers	1:04:05
89	773 Denise	Griffiths	FV50	Garstang Running Club	1:04:29
90	808 Paul	Lyon	MV45	Unattached	1:05:02
91	729 Philip	Jones	M	Garstang Running Club	1:05:14
92	803 Nicky	Omar	FV40	Wesham Road Runners	1:05:17
93	831 Frank	Evans	MV50	Unattached	1:06:02
94	847 Mary	Ramsey	FV60	Unattached	1:06:28
95	787 Joshua	Jenkins	M	Unattached	1:06:29
96	763 Jan	Thomson	FV40	Unattached	1:06:41
97	779 Jane	Sherriff	FV35	Garstang Running Club	1:07:05
98	781 Albano	Massaro	MV40	Unattached	1:07:45
99	854 Lamyong	Evans	FV35	Unattached	1:08:17
100	853 Julie	McBride	FV40	Unattached	1:08:18
101	855 Kerry	Byatt	FV35	Unattached	1:08:33
102	862 Faye	Calderwood	F	Unattached	1:09:01
103	811 Amanda	Pope	F	Unattached	1:09:17
104	810 Lauren	Ellison	F	Unattached	1:09:30
105	774 Clive	Berry	MV45	Wesham Road Runners	1:09:41
106	809 Mike	Richardson	MV50	Unattached	1:10:25
107	824 Daniel	Pope	M	Unattached	1:10:45
108	807 David	Pope	MV40	Unattached	1:10:47
109	733 Trevor	Grundy	MV70	Unattached	1:11:48
110	764 Andrea	Kerman	FV40	Wharfedale Harriers	1:11:50
111	797 Suzanne	Williams	FV40	Unattached	1:12:06

112	749 Louise	Bosson	FV40	Unattached	1:12:29
113	782 Claudia	Deriu	FV40	Unattached	1:14:02
114	752 Sarah	Bamber	FV45	Unattached	1:16:43
115	753 Julie	Gaukrodger	FV50	Unattached	1:16:43
116	751 Lesley	Allger	FV55	Unattached	1:16:43
117	857 Kevin	Lindeque	MV40	COLT	1:17:02
118	858 Terri	Lindeque	FV40	Unattached	1:17:02
119	777 Debi	Spencer	FV50	Garstang Running Club	1:18:34
120	804 Haiqal	Che Zulhikam	M	Unattached	1:24:46
121	844 Mike	Coppin	MV70	Chorley Athletic and Triathlon Club	1:36:56